

**Statistics Report 20033, Oat bran, raw**
**Report Date: June 27, 2017 04:10 EDT**

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water	g	6.55	--	0.850	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Energy	kcal	246	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Energy	kJ	1029	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Protein	g	17.30	--	1.452	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Total lipid (fat)	g	7.03	--	0.274	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Ash	g	2.89	--	0.493	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Carbohydrate, by difference	g	66.22	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Fiber, total dietary	g	15.4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Sugars, total	g	1.45	--	--	--	--	--	--	--	--	Calculated or imputed	08120	10/2002

**Minerals**

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca	mg	58	--	6.316	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Iron, Fe	mg	5.41	--	0.626	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Magnesium, Mg	mg	235	--	11.707	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Phosphorus, P	mg	734	--	26.002	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Potassium, K	mg	566	--	36.718	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Sodium, Na	mg	4	--	0.996	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Zinc, Zn	mg	3.11	--	0.388	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Copper, Cu	mg	0.403	--	0.027	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Manganese, Mn	mg	5.630	--	0.094	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Selenium, Se	µg	45.2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1992

**Vitamins**

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Thiamin	mg	1.170	--	0.089	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Riboflavin	mg	0.220	--	0.063	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Niacin	mg	0.934	--	0.060	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Pantothenic acid	mg	1.494	--	0.264	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Vitamin B-6	mg	0.165	--	0.009	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Folate, total	µg	52	--	8.623	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	52	--	8.623	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Folate, DFE	µg	52	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Choline, total <a href="#">2</a>	mg	32.2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Betaine <a href="#">2</a>	mg	19.6	--	--	18	21.2	--	--	--	1	Analytical or derived from analytical	--	12/2006
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	08120	10/2002
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	08120	10/2002
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	08120	10/2002
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	08120	10/2002
Lutein + zeaxanthin	µg	180	--	--	--	--	--	--	--	--	Calculated or imputed	08120	10/2002
Vitamin E (alpha-tocopherol) <a href="#">1</a>	mg	1.01	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta <a href="#">1</a>	mg	0.08	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Tocopherol, gamma <a href="#">1</a>	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, delta <a href="#">1</a>	mg	0.10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	3.2	--	--	--	--	--	--	--	--	Calculated or imputed	08120	10/2002
<b>Lipids</b>													
Fatty acids, total saturated	g	1.328	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0	g	0.026	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
14:0	g	0.016	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:0	g	1.128	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:0	g	0.071	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Fatty acids, total monounsaturated	g	2.376	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
16:1 undifferentiated	g	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:1 undifferentiated	g	2.362	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	2.766	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:2 undifferentiated	g	2.645	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:3 undifferentiated	g	0.121	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
<b>Amino Acids</b>													
Tryptophan	g	0.335	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Threonine	g	0.502	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Isoleucine	g	0.668	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Leucine	g	1.374	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lysine	g	0.760	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Methionine	g	0.335	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Cystine	g	0.576	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Phenylalanine	g	0.908	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Tyrosine	g	0.668	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Valine	g	0.964	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Arginine	g	1.279	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Histidine	g	0.410	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Alanine	g	0.872	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Aspartic acid	g	1.576	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glutamic acid	g	3.748	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Glycine	g	0.947	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Proline	g	0.982	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Serine	g	0.890	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2014
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/2002
<b>Flavonoids</b>													
Proanthocyanidin													
Proanthocyanidin dimers <sup>3</sup>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin trimers <sup>3</sup>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers <sup>3</sup>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers <sup>3</sup>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) <sup>3</sup>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA NDL Report Vitamin E 1991, 1991 Beltsville MD

<sup>2</sup>Nutrient Data Laboratory, ARS, USDA Choline Study, Local pickup VPI, NFNAP, 2006 Beltsville MD

<sup>3</sup>Hellström, Törrönen, A.R., and Matilla, P.H. Proanthocyanidins in common food products of plant origin, 2009 J. Agric. Food Chem. 57 pp.7899-7906